

SCITUATE, MASSACHUSETTS

-Catch the Scituate Spirit-

www.scituatema.gov/recreation-department



**Scituate Recreation
Winter Program 2014**

Scituate Recreation Dept.
Town Hall
600 Chief Justice Cushing Highway
Scituate, MA 02066

Non-Profit Org.
U.S. Postage
PAID
Scituate, MA
Permit No. 56

**POSTAL CUSTOMER
SCITUATE, MASSACHUSETTS**

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Scituate High School
(NEXT TO TENNIS COURTS)

Monday-Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 11:45 a.m.
Phone: 781-545-8738
Fax: 781-545-6990.

RECREATION STAFF

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director
Maura Glancy, Recreation Co-Director
Nick Lombardo, Registrar
Jean Sullivan, Recreation Clerk
Paul Sharpy, Field Coordinator

RECREATION COMMISSION

*Christopher Roberts, **Chairman***
Robert McCarry, Erik Richman, Stephen Svensen,
David Smith
***Associate Members:** William Blake, Tatianna Maraj,*
Jamie Noonan
***Selectmen Liaison:** Shawn Harris*

POLICIES AND PROCEDURES

- WINTER PROGRAM REGISTRATION WILL OPEN **TUESDAY, DECEMBER 10, 2013 AT 7:00 P.M. AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**
- PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER. YOU MAY ACCESS THE WEBSITE TO INPUT FAMILY DATA AND VIEW WINTER OFFERINGS STARTING MONDAY, DECEMBER 2, 2013.
- Should you be unable to register on-line at home, Scituate Recreation will be open on Dec. 10 to input your registration from 7:00 p.m. to 8:00 p.m., however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1. Mail-in registration will be accepted **starting December 11, 2013** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- 2. **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan. When paying with a payment plan, please note that all remaining payments will be automatically deducted from credit card or checking account.
- 3. The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause. Scituate Recreation follows the Scituate Public School snow/inclement weather cancelations.
- 4. **REFUND Policy: If notification of withdrawal is 2 weeks or more prior to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5. All fees are payable in advance to Town of Scituate. A person is registered only when they have registered On-line, or a check or cash and a registration form are received in the Recreation Office.
- 6. **No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.**
- 7. **Need financial assistance...just ask!**
- 8. Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, the participant will be excused from further Recreation programs.
- 9. **Registration for non-residents will begin Monday, December 16, 2013.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- 10. The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

*Reminder: Mail-in registration will be processed **AFTER** the initial online registration.*

It's easy Do it all online!

Step one

To get started, one adult member of the family must request a private online account. It's easy, just follow these step-by step instructions.

1. Go to:
www.scituatema.gov/recreation-department
2. Request a new online account
3. Enter your account information, including Your email address (so that you can receive Program updates)
4. Select a private Login Name and Password - and type a Question and Answer that you will remember (keep all this information private)
5. Hit the "Submit" button

Your request will take up to 24 hours to process. Once your online account is active, you can add family members and view your account details. You are ready to go!

Step two

From the same website, you can then register for any activity. It's easy, simply:

1. Select the "Register" button in the top-right.
2. Click on an activity name and hit "Add to My Cart"
3. Login with your Login ID and Password
4. Specify the enrollment number and hit "Checkout"

Step three

5. Select the family member(s) who will participate in the activity and answer any questions or add comments
6. Hit "Continue" twice to confirm your order (note: a small convenience fee is applied to your order)
7. Click "OK" on the security notice, complete your Credit card payment (American Express, MasterCard, or Visa), and hit "Continue" (note: you can print your receipt)

That's it, you're registered and will receive an Email confirmation!

With your online account, it takes just a few clicks to:

www.scituatema.gov/recreation-department

REGISTER ONLINE **GO!**

- * Search for activities by, location category, date...
- * View details and number of available spaces
- * Register for activities, programs, and events
- * Reserve facilities

- * Renew your passes and memberships
- * View your personal and family calendars
- * Update your account
- * Print Receipts
- * Receive email updates
- * And More

All of these options are available in the top-right navigation bar and click away to explore your options today!

www.scituatema.gov/recreation-department

Secure Online Transactions

Our online registration system is brought to you by The Active Network – one of the most Reputable marketing and technology solutions providers in the market. So you can be assured of the highest level of trust and security. Being part of The Active Network means you can have piece of mind that:

1. Your personal information is kept private Personal information collected on the registration web site is stored in a secure database that is not available to the public. You can also help protect your information by safeguarding your account password and login name. Keep this information in a private location and create a question to which only you know the answer – so only you can use this information to get access to your account should you forget your password.

2. Your credit card information remains safe. The Active Network brings you the convenience of credit card payments using American Express, MasterCard, or Visa. Credit Card numbers are encrypted in a secure database and the registration information supplied is transmitted using the most secure technology in the market – the same that is used by leading online retailers, banks and insurance companies. So you can be confident that your payment information is safe.

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PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: The Little People Program has been offered for twenty two years as an opportunity for friendships to evolve as two and three year old children, along with a parent or caregiver, share in music, dance, arts and crafts, and unstructured play. For generations, Little People has been a rite of passage for newcomers and locals where lasting friendships have developed for children and adults alike. The instructors, Kelly Arevian and Kelly Lee are excited to work with parents and caregivers to guide the children as they interact, explore, create, and play! Younger siblings always welcome! Classes are appropriate for ages 2 & 3.

All classes take place in the Little People room, which is opposite the tennis courts at SHS.

9 weeks, NO CLASS DURING FEBRUARY VACATION WEEK

(994): TUESDAY LITTLE PEOPLE :

January 7 through March 11, 2014 from 9:30 a.m. to 10:45 a.m.

Fee: \$101

(995): WEDNESDAY LITTLE PEOPLE:

January 8 through March 12, 2014 from 9:30 a.m. to 10:45 a.m.

Fee: \$101

(996): WEDNESDAY LITTLE PEOPLE:

January 8 through March 12, 2014 from 11:00 a.m. to 12:15 p.m.

Fee: \$101

PRE-SCHOOL/YOUTH DANCE WITH MISS TRACEY: Scituate Recreation's Multi-Purpose Room. Instructor is Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. These are **8 week programs**. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color.
Saturday: 1/11/14 through 3/8/14 (No class 2/22/14)

(1001): Age: 2 from 10:30 a.m. to 11:00 a.m.

Fee: \$45

Parent and child will stretch with music, sing songs and dance, plus tumble on mats - no tap shoes

(1002): Ages: 3-5 from 11:00 a.m. to 12:00 p.m.

Fee: \$85

This is a 1-hour progressive instructional program, it will meet once a week and it will include ballet, tap, jazz and dance acrobatics.

NEW: LITTLE FRIENDS LUNCH BUNCH: Little People Room at Scituate High School. Need to run an errand or two and wish you had somewhere fun for your little one to go during that time? Well, we've got the perfect place. **Little Friends Lunch Bunch** is being offered as a drop-off program for all children ages 3 to 5. Little Friends are welcome to bring a packed lunch and join us in the Little People room for lunch and supervised play with peers. We will also offer children the opportunity to get their creative juices flowing with an optional craft and play dough fun! *Children must be toilet independent and all food must be nut-free. No exceptions.*

5 weeks, NO CLASS DURING FEBRUARY VACATION WEEK

Instructors: Kelly Lee and Jennifer O'Leary

Pick-up from ECC on Tuesdays and drop-off at ECC on Thursdays can be arranged.

TUESDAYS: from 11:45 a.m. – 1:15 p.m.

Fee: \$50

(997): Session 1- January 7 through February 4, 2014 or (998): Session 2- February 25 through March 25, 2014

THURSDAYS: from 11:00 a.m. - 12:30 p.m.

Fee: \$50

(999): Session 1- January 9 through February 6, 2014 or (1000): Session 2- February 27 through March 27, 2014

CHILDREN & TEEN PROGRAMS

GUITAR WORKSHOPS WITH MATT BROWNE: Little People Room at Scituate High School. A one- hour a week program that includes an introduction to the guitar and a comprehensive study of guitar fundamentals, tuning and stringing the guitar and many exciting, enjoyable learning techniques for children ages 7 years to 14 years old. Instructor: Matt Browne has for 17 years been a favorite for guitar instruction in Scituate. Having taught hundreds here in Town, his instruction has expanded to ongoing workshop classes in several of the south shore schools.

8 Weeks (No Class 2/18/14)

(1012): Tuesdays: 1/7/14 – 3/4/14 from 4:45 p.m. to 5:45 p.m.

Fee: \$90

For all CORSE-sponsored programs through Scituate Recreation: All Stars, sponsored by the CORSE Foundation, provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. Our staffing ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand direction, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations, and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations.

ALL- STARS BASKETBALL: Wampanoag Gymnasium. Participants will be taught the fundamentals of basketball through basic drills. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive, well-organized game will be played every week. This program is designed as a less-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. *We ask that you register your child well in advance. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to assure proper staffing.* **Coach: Mike Connor.**

8 weeks (No class 2/22/14) Saturday mornings: 1/4/14 – 3/1/14

Make-up Date 3/8/14

(1003): Grades 1-4 from 8:00 a.m.-9:00 a.m.

(1004): Grades 5-8 from 9:10 a.m.-10:10 a.m.

Fee: \$100

ALL- STARS KARATE: Scituate Recreation's Multi-Purpose Room. A karate program designed to meet the physical, cognitive, social, and emotional needs of its participants. Students who participate in a karate program exhibit increased mobility, memorization and self-esteem. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills. Students who would enjoy a less formal martial arts curriculum are also encouraged to attend. Program is open to children in grades 1-8. *We ask that you register your child well in advance. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to assure proper staffing* **Instructor: Dan Reynolds.**

10 weeks (No class 2/21/2014)

(1005): Fridays: 1/10/14 – 3/21/14 5:30 p.m. to 6:30 p.m.

Fee: \$100

SPORT OF FENCING: Scituate Recreation's Multi-Purpose Room. This instructional course will be offered to boys and girls, ages 8 and up. This course is for any person who wants to learn, practice, and improve all aspects of the sport. Footwork, blade work, and booting skills will be taught.

Instructor: Jim Mullarkey. 10 weeks (No class 2/20/14)

Thursdays 1/2/14 through 3/13/14

(1009): Beginner (no experience):

4:45 p.m. to 5:45 p.m.

(1010): Intermediate (1 yr or less):

5:45 p.m. to 6:45 p.m.

(1011): Intermediate II (1 yr or more)

6:45 p.m. to 7:45 p.m.

Fee: \$120

OLYMPIC ARCHERY: Scituate Recreation Multi-Purpose Room at Scituate High School. Archery is fun! Learn Olympic Archery through a fun, safe and nationally recognized program. This program is a precursor to the JOAD program. Children will learn proper shooting technique and range safety. This program helps to build focus, patience and self-confidence. Focus is on individual achievement and fun games. All equipment is provided. **Instructor: David McCarthy**, USAA, is a certified instructor and owner of The Archery Center in Pembroke. Ages: 10—15 years old. **Limited to 12 students/class. 6 weeks** **Fee: \$105**

(1013): (Beginner- no experience) Fridays: 1/10/14 – 2/14/14 from 3:10 p.m. to 4:10 pm

(1014): (Intermediate- returning archers) Fridays: 1/10/14 – 2/14/14 from 4:10 p.m. to 5:10 pm

SCITUATE PLAY HOUSE

There's nothing more fun than being in a play. Every student should give it a try! To become a more confident public speaker, to understand how a play is staged, and to make more friends from other schools! Our instructor, **Miss Kathy Boluch**, provides a meaningful experience for each student, culminating in a night onstage your child will be forever proud of! **Parents are asked to provide their actor's costumes.**

This season, we'll rehearse twice a week, Saturdays in the Multi-Purpose Room and Wednesdays on the Scituate High School stage.

(1006): “Dr. Seuss’s ABCs” [GRADES K-2]

Fee: \$125

Actors bring each page (and each letter) of Dr. Seuss’s classic book to life! **Limited to 14 participants**

(No Rehearsals February Break: 2/19 and 2/22)

Wednesdays: 1/15/14 - 2/12/14 from 3:30 p.m. to 4:30 p.m.

Saturdays: 1/18/14 – 2/15/14 from 12:30 p.m. to 1:30 p.m.

Dress Rehearsal: Wednesday 2/26/14 from 3:30 p.m. to 4:30 p.m.

Final Performance: Sunday 3/2/14 6:00 p.m. (Actors/Actresses arrive at 5:30 p.m.)



(1007: Girls) (1008: Boys) “Knights!” [GRADES 3-6]

Fee: \$150

A musical comedy about the days of King Arthur. Sir Lancelot pledges his allegiance to the soon-to-be King Arthur. After Arthur dramatically draws the sword Excalibur from the stone, all go to the castle, Camelot. Yet Arthur’s rule is challenged by Evil Prince Mordred and his wife.

Limited to 15 participants (7 boys - 8 girls)

(No Rehearsals February Break: 2/19 and 2/22)

Wednesdays: 1/15/14 – 2/22/14 from 5:00 p.m. to 6:30 p.m.

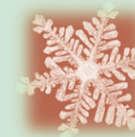
Saturdays: 1/18/14 – 2/15/14 from 1:45 p.m. to 3:15 p.m.

Dress Rehearsal: Wednesday 2/26/14 from 4:45 p.m. to 6:30 p.m.

Final Performance: Saturday 3/1/14 at 7:00 p.m.

CALLS FROM THE NORTH POLE

What could be more special than phone a call from the jolly elf himself! On **Thursday, December 19th, 2013** special long distance calls will be made **between 6:00 p.m. to 6:30 p.m.** from the North Pole directly to your child in Scituate. While there is no charge for this service, a **special information sheet must be filled out and returned to the Recreation Department by Friday, December 13th, 2013.** The information sheets will be available at the Recreation Department beginning **Monday, December 2nd.** Calls will be limited so, pick up your form early. **These calls are most appropriate for children aged 3 to 8.** Only one attempt to reach each child will be made.



FEBRUARY VACATION WEEK SPECIALS!!

CREATIVE CRAFT WORKSHOP: Little People Room at Scituate High School. *Do something different this February vacation and join us for three fun-filled days at SHS.* Each of our 2 1/2 hour sessions will have a different theme so, whether we are painting, building, cutting or pasting, our projects will provide the perfect environment for your child to not only have fun and make new friends but also to develop their creative side. All materials & supplies included. Please send your child with a peanut-free snack and drink. **Instructor: Cheryl DiTomaso**
(1015): Tuesday through Thursday: 2/18/14-2/20/14 from 9:30 a.m. to 12:00 p.m. Fee: \$75



SCITUATE PLAY HOUSE FEBRUARY VACATION BOOTCAMP

Scituate Recreation's Multi-Purpose Room. Bring your act to Broadway! Actors perform a variety show of songs, dances and a few comedy sketches. We start on Tuesday and perform for friends and family on the SHS stage Friday night. **Instructor: Miss Kathy Boluch**
(1016): Tuesday through Thursday: 2/18/14-2/20/14 from 12:00 p.m. to 3:00 p.m. Fee: \$90
Final Performance: Friday (SHS Auditorium) : 2/21/14 from 7:00 p.m. to 8:00 p.m.

ANGRY BIRDS ARTS & ENGINEERING: Location: Scituate Recreation's Multi-Purpose Room

Join the team from Event-FULL!, LLC (www.event-full.net) and bring the video game world of Angry Birds to LIFE!! Birds! Pigs! FUN! In this one-time workshop, participants will use creativity, skills, logic and physics-based ideas to maintain the survival of the Angry Birds. Many different hands-on activities will be introduced that implement both the art, science, and engineering behind Angry Birds! All Participants will go home with their own Angry Birds play figures that they made themselves!! Grades K-4. Please send your child with a peanut-free snack and drink. Limited to 15 participants. **Instructors: Diane Benson & Beth Meditz (Event-FULL! LLC)**
(1017): Monday, February 17th, 2014 from 9:00am-12:00pm Fee: \$45

AMERICAN GIRL DOLL SLUMBER PARTY: Location: Scituate Recreation's Multi-Purpose Room

Join Beth and Diane (www.event-ful.net) and bring your special friend (does not have to be an American Girl Doll feel free to bring a favorite stuffed animal if you choose) to this workshop for several hours you will both enjoy!! What you make and take home will lead to several hours of continued play and enjoyment at home!!! Each participant will create a sleeping bag, pillow, and slumber party play food! Please send your child with a nut-free snack and drink. Grades K-4 Limited to 20 participants. **Instructors: Diane Benson & Beth Meditz (Event-FULL! LLC)**
(1018): Monday, February 17th, 2014 from 12:30pm-3:30pm Fee: \$45

Pan Gai Noon (Half Hard Half Soft)
KUNG FU (KARATE) + TAI CHI

The Pan Gai Noon School has been in Scituate for 27 years under the direction of Sifu Cole Hawkins. We offer a core program with three martial art styles laced together: (Uechi Ryu Karate, Bak Sil Lum (Northern Shoalin) & Praying Mantis Kung Fu. We also offer traditional Tai Chi. These arts and athletic activities are practiced by millions of people around the world and offer a complete self-defense and physical conditioning experience. There are classes for all ages 6+ boy or girl as well as seniors. Please see class description. Registration is available on-line or in the Recreation department.

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE)

Classical Kung Fu for the adult and teen (14 and up) who wants something more in their life. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Some 'cardio boot camp' and equipment training is incorporated for total fitness. Self-defense and personalized training you can practice at home. **11 weeks (No Class 2/19/14)**

(1019): Wednesdays 1/8/14 - 3/26/14 6:10-7:40 pm

Fee: \$137

TAI CHI – INTERNAL ARTS

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called (Chi Kung) (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit.

11 weeks (No Class 2/18/14)

(1020): Tuesdays 1/7/14 - 3/25/14 from 6:00-7:30 pm

Fee: \$170

CHILDRENS KUNG FU 6-9 YEAR OLDS I

For the beginning student this is a fun, structured introduction to the formal training of Kung Fu. Development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks (No class 1/20/14 and 2/17/14)**

(1021): Mondays: 1/6/14 - 3/24/14 from 4:50 -5:50 p.m.

Fee: \$85

CHILDRENS KUNG FU 6-9 YEAR OLDS II

This class is structured for the beginning student after a session or two who has achieved one stripe or better. This class is more directed towards individual training or small group training. Individuals will be given more directed training as they progress. **11 weeks (No class 2/18/14)**

(1022): Tuesdays: 1/7/14 - 3/25/14 from 4:50 -5:50 p.m.

Fee: \$93

JUNIORS KUNG FU (KARATE) 10-13 YEAR OLDS

Age appropriate training from beginner to advanced with more directed instruction as student progresses.

10 weeks (No class 2/19/14)

(1023): Wednesdays: 1/8/14 - 3/19/14 from 5:00 -6:00 p.m.

Fee: \$85

TEEN YOGA COMING SOON AT THE END OF JANUARY! KEEP AN EYE ON OUR WEBSITE!

ADULT HEALTH AND FITNESS

Catch the spirit and wellness wave here at Scituate Recreation. We have some of the South Shore's finest fitness instructors using state of the art equipment ready to guide you on your way to a healthier you. Whether you are a beginner or a seasoned athlete we have a class for you. We are offering "drop-in passes" that you may purchase to try a mix of different classes or want to add a workout here & there to your schedule.

If you are unsure about a class & would like more information on a "one-class free pass" please call the office for specific classes.

Come find the inspiration you've been looking for to help you achieve your personal goals!

ADULT FITNESS DROP IN PASSES: Passes must be purchased in advanced and are available in any quantity in the Recreation Office. Passes are available for the following programs: Adult Karate, F.I.T. (Functional Intensity Training), Exercise Ball Class, Boot Camp, Stationary Cycling, Yoga and Zumba.

Fee: \$10 DROP IN /CLASS EXCEPT KARATE \$15 DROP IN/CLASS

PILATES: Scituate Harbor Community Building

Whether new to Pilates or advanced, this one-hour class will provide a total body workout drawing on the extensive classical repertoire of Joseph Pilates. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Pilates is great for golfers and tennis players who want to increase core strength to add power and control to their swing. No props are required, just gravity and your body's own resistance. No experience is necessary as modifications are available for all exercises. Please bring a mat. **Instructor: Jane McGovern, Balancepoint Studios Certified Associate Teacher.**

(1024): Wednesdays: 1/8/14-3/26/14 from 7:00 p.m. to 8:00 p.m. 11 weeks (No class 2/19) Fee: \$60

RESTORE THE CORE: Scituate Harbor Community Building This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. Restore the Core is designed for men and women of all ages and fitness levels and offers stress management through deep breathing techniques. With proper training and regular attendance, you can retrain your core muscles. As you get stronger the exercises will continue to challenge. The result is a slimmer body and no lower belly sag! Make the change you have been talking about and enjoy an hour focusing on your health! Please bring a bottle of water and yoga mat to class. **11 weeks (No class 2/18/14, 2/21/14)**

Instructor: Denyce Holley, AFAA Certified Instructor

(1026): Tuesdays: 1/7/14 – 3/25/14 from 9:30 a.m. - 10:30 a.m.

(1027): Fridays: 1/10/14 – 3/28/14 from 9:30 a.m. – 10:30 a.m.

Fee: \$60

M.M.A. (MIXED MARTIAL ARTS) CONDITIONING CLASS: Scituate Recreation Multi-Purpose Room.

This class will provide a fun and tough workout for beginners as well as experienced athletes looking for a new challenge. The workouts allow you to go at your own pace and increase the intensity whenever you feel ready. All classes include a warm up and a 30 minute "all around" workout that will get you moving and breathing heavy. After that you'll learn the fundamentals of boxing including stance, hand positioning, and basic punching combinations. As the session progresses you'll build upon that foundation by adding in kicks, knees and ground moves to make a full body workout like no other! **Instructor: Dan Reynolds**

10 weeks. Instructor: Dan Reynolds 10 weeks (No class 1/20/14 and 2/17/14)

(1025): Mondays: 1/6/14- 3/24/14 from 6:00 p.m. to 7:00 p.m.

Fee: \$55

WINTER WARRIOR BOOTCAMP: Scituate High School Track

This is an outdoor interval training program! Includes cardiovascular as well as muscular conditioning drills and exercises. Utilizing, medicine balls, jump ropes, lunges, squat thrusts, jacks, push-ups, bleachers and running/walking. This is guaranteed to improve your strength and endurance. Bring your running shoes, jump rope and water. You will inspire and be inspired by others. Anything and everything is fair game in this total body workout! Dress appropriate to the weather - dress in layers. WE MEET RAIN OR SHINE! Drop-ins welcome: \$10 with a Registration form.

Instructors: Jen Rooney and Suzy Murray 10 weeks (No Class 2/17, 2/19, 2/22/14)

(1028): Mondays: 1/6/14 - 3/17/14 from 6:00 a.m.-7:00 a.m.

(1029): Wednesdays: 1/8/14 - 3/19/14 from 6:00 a.m.-7:00 a.m.

(1030): Saturdays: 1/11/14 - 3/22/14 from 7:30 a.m.-8:30 a.m.

Fee: \$65

ZUMBA: Scituate Recreation's Multi-Purpose Room



The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. The routines feature fast and slow rhythms to tone and sculpt your body while combining fitness and fun.

Instructor: Sandy Guyette

10 weeks (No class on 1/20, 2/17 and 2/23/14)

(1031): Mondays: 1/6/14 – 3/24/14 from 7:00 p.m. to 8:00 p.m.

(1032): Sundays: 1/12/14 – 3/23/14 from 9:30 a.m. to 10:30 a.m.

Fee: \$55

EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Do you own an exercise ball and don't know how to use it? Then sign up for a motivating, challenging one-hour resistance-training workout. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout. All levels welcome. Please bring your own exercise ball. You will see results!! **10 weeks (No class 2/20, 2/23/14)**

Instructor: Sarah Lannon

(1033): Sundays: 1/5/14 – 3/16/14 from 8:00 a.m. to 9:00 a.m.

(1034): Thursdays: 1/9/14 – 3/20/14 from 8:45 a.m. to 9:45 a.m.

Fee: \$55

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. **Instructor: Sarah Lannon**
10 weeks (No Class 2/24)

(1045): Monday 1/6/14 – 3/17/14

9:00 am. to 10:00 am.

Fee: \$83

ADULT YOGA: Scituate Harbor Community Building. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. All experience levels and body types welcome! Please wear loose and comfortable clothing and bring a yoga mat. **9 weeks (No class 2/20)**

Instructor: Gita Brown, MM, MT-BC see gitabrown.com for more information about your teacher.

(1036): Thursday: 1/9/14 – 3/13/14 from 9:00 a.m. to 10:00 a.m.

Fee: \$68

GENTLE POWER YOGA: Scituate Harbor Community Building This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration. Everyone can do yoga and this class is available to ALL levels. Find the joy in movement, keeping your body fit and your mind calm! Wear comfortable clothing and bring a yoga mat and water. **Instructor: Leslie Payne, CYT 9 classes (No class 2/18, 2/20)**

(1037): Tuesday mornings: 1/7/14 - 3/11/14 from 8:15 a.m. to 9:15 a.m.

(1038): Thursday evenings: 1/9/14 - 3/13/14 from 7:00 p.m. to 8:00 pm.

Fee: \$68

ADULT TENNIS: Scituate Racquet and Fitness Club

During this tennis session you will learn, forehand and backhand ground strokes and volleys. You will learn how to serve, and positioning for singles and doubles play. Also covered will be basic strategies for doubles and singles play, all levels are welcome. **8 weeks (No class 2/21)**

(1039): Fridays: 1/10-3/7/14 from 12:00-1:00 p.m.

Fee: \$101

SCITUATE STATIONARY CYCLING

Scituate Recreation Multi Purpose Room at Scituate High School.

Get in shape the fast and affordable way! Our cycling program offers the best -certified instructors on **state of the art Schwinn cycles** accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability.

(We DO meet holidays and vacation week)

Instructors: Maggie Cadigan, Sarah Lannon, Erin Culbert

CRANK OF DAWN: Start your day off right with this high energy cycling class. Head out on a journey without leaving the spin room with this simulated road ride using fast flats, steady hills, sprints and interval training. No drafting allowed in this class! **12 weeks**

(1040) Monday 12/30 – 3/17/14 5:45 a.m. to 6:45a.m.: **Maggie** **Fee: \$98**

(1041) Tuesday 12/31 – 3/18/14 5:45 a.m. to 6:45 a.m.: **Maggie** **Fee: \$98**

SPIN CYCLE: Ride from the shoreline to the hills in this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. **12 weeks**

(1042) Wednesday 1/1 – 3/19/14 9:15 a.m. to 10:15 a.m.: **Maggie** **Fee: \$98**

(1043) Friday 1/3 – 3/21/14 9:15 a.m. to 10:30 a.m.: **Maggie** **Fee: \$98**

CHAIN REACTION: Whether you're a serious cyclist or just love the calorie burn of cycling, this is the class for you! This high energy ride will take you to a new level of fitness. Come on in and reap the benefits! **12 weeks**

(1044) Wednesday 1/1 – 3/19/14 4:00 p.m. to 5:00 p.m. **Erin** **Fee: \$98**

THE ULTIMATE MIX OF STRENGTH AND ENDURANCE: Cardio and Resistance training. ½ hour of weight training and core work using an exercise ball and hand weights followed immediately by a ½ hour spin ride. **10 weeks (No Class 2/24)**

(1045) Monday 1/6 – 3/17/14 9:00 am to 10:00 am. **Sarah** **Fee: \$83**

BEGINNER CYCLE CLASS: Have you always wanted to try a cycle class but were “afraid”? Or you thought that you simply could not do it? Then sign up for this 45 minute introductory class. You will learn the proper form and correct technique for riding a spin bike. You will be able to ride at your own pace all while getting a great cardio workout. Start the New Year off right and come on in and learn to spin! **10 weeks (No Class 2/24)**

(1046) Monday 1/6 – 3/17/14 5:30 p.m.to 6:15 p.m.: **Sarah** **Fee: \$57**

INTERVAL CYCLING: This ride has it all! Rolling hills, sprints, jumps, strength building, endurance and a whole lot of energy. Don't miss out on this great cardio work-out! **10 weeks (No Class 2/24, 2/26)**

(1047) Monday 1/6 – 3/17/14 6:30 p.m. to 7:30 p.m.: **Sarah** **Fee: \$83**

(1048) Wednesday 1/8 – 3/19/14 6:30 p.m. to 7:30 p.m.: **Sarah** **Fee: \$83**

THE ZONE: Get your weekend started with a ride that will get you in “the zone”! This class will challenge your strength and endurance with interval drills and awesome music! Get a jump start to your weekend and feel energized! **12 weeks**

(1049) Saturday 1/4 – 3/22/14 7:30 a.m. to 8:30 a.m.: **Alternates** **Fee: \$98**

MEN'S OVER 35 BASKETBALL: Gates Junior High School.

No online registration. Register at your first meeting with instructor. Tuesday and Thursday nights, schedule below.

<u>Tuesdays</u>	<u>12/03/13 – 3/11/14</u> 7:30 p.m. -9:00 p.m.	<u>3/18/14-5/20/14</u> 7:00 p.m.-9:00 p.m.
<u>Thursday</u>	<u>12/05/13– 3/13/14</u> 7:30 p.m. – 9:00pm	<u>3/21/14 – 5/22/14</u> 7:00 p.m. – 9:00 p.m.
<p>Please note: In addition to cancellations noted here, this program follows the School Calendar and does not run during school vacations, on holidays or on snow days. Fee: \$100</p>		

CEILIDHE (KAY-LEE): A gathering of friends for mutual entertainment and enjoyment. Bring along a song or three, an instrument, an open heart and join in the fun. We meet the 3rd Friday of every month from 7:30 p.m. to 10:30 p.m. at the **Recreation Department**

SAT MATH REVIEW: Located in the Scituate Recreation Office

The course will cover the makeup of the test, techniques on how to score higher from not doing all the problems, when to guess or skip the problem, and how many problems you can leave blank and still get a 600. Topics of all the algebra, geometry, and algebra 2 will also be covered as well as discussing the new sections of the test which include functions, sets and sequences. All materials will be supplied. Maximum of 10 students. **7-session math review based on content of the SAT's. Teacher: Princeton Review certified Bob Beatty, is currently a Math Teacher at Archbishop Williams High School and a retired teacher of Scituate High School.**

(1050): Wednesdays 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5/14 from 5:30 p.m. to 7:00 p.m. **Fee: \$150**

SAFETY PROGRAMS

AMERICAN HEART ASSOCIATION HEARTSAVER C.P.R./A.E.D.: **Location: Scituate Fire Station Headquarters** Min. 6/Max 10. Designed for the responder who requires a credential card documenting successful CPR course completion; covers adult, child, infant CPR. (If you are a healthcare provider, see below). Includes new text and 2- year certification card. **Instructor: Mark Donovan**

(1051): Thursday: 1/16/14 at 7:00 p.m.

Fee: \$55

AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D: **Location: Scituate Fire Station Headquarters** Min. 6/Max.10. This class is appropriate for nurses, doctors, EMTs, medics and nursing students. This class covers defibrillation, adult, child, and infant CPR for the Healthcare Professional. This is a two -year certification. **Instructor: Mark Donovan.**

(1052): Thursday: 2/13/14 at 7:00 p.m.

Fee: \$60

FIRST AID: **Location: Scituate Fire Station Headquarters.** Min. 6/ Max. 12. Receive a 2-year certification from the American Heart Association. Learn what to do in everyday emergencies. This class covers infant, child and adult emergencies. **Instructor: Mark Donovan**

(1053): Thursday: 3/13/14 at 7:00 p.m.

Fee: \$55

BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE: **Location:SHCB** This is a Massachusetts Environmental Police and United States Coast Guard recognized course taught by the Scituate Harbor Master. This is a comprehensive 12-hour course designed for both the experienced and the novice boater. Topics include: Which Boat is for You, Equipment for Your Boat, Trailering Your Boat, Handling Your Boat, Highway Signs, The Rules You Must Follow and Navigation. Successful completion of this course also entitles 12 through 15 year-old operators to obtain the Massachusetts Environmental Police Safety Certificate allowing them to operate a motorboat without adult supervision.

Instructor: Ed Gibbons

(1054):Monday, March 10 & Thursday, March 13 from 6:00 p.m. to 9:00 p.m.
and Saturday March 15, 2014 from 10:00 a.m. – 4:00 p.m.

Fee: Free

**The Scituate FACTS
Coalition: Families, Adolescents
and Communities Together
against Substances**

*Scituate Recreation is proud to partner with the
Scituate FACTS Coalition on two educational
initiatives for parents and caregivers in the
community.*

PARENTING SPEAKER SERIES: "Parenting the
Middle Grades/Adolescent Years"

Drop-In Series by SHS Science Teacher and
Professional Speaker, Steve Maguire, M.Ed.
All are welcome, though content is geared to
parents/caregivers of 4th-8th grade children.
Free. No registration is required.

These speaking events will be held at The Scituate
Harbor Community Building/Pier 44 from 6:30 pm -
8:00 pm

Tuesday, November 5, 2013: Internet safety,
awareness and social media trends.

Tuesday, February 4, 2014: Managing the "forever
busy life"... Ways to help students/families facilitate
their schedules and work.

GUIDING GOOD CHOICES

WORKSHOP: Beginning in January, "**GUIDING
GOOD CHOICES**" will be offered to parents of 6th,
7th and 8th grade residents of Scituate. This award-
winning program helps parents improve substance use
outcomes for their children. In four sessions, you will
learn the importance of bonding, as well as real-life
refusal skills to practice at home.

Please check www.scituateFACTS.org for
registration information.

Don't Miss Out!

Sign up at the Town's website

<http://www.scituatemama.gov/>

for municipal updates,
including recreation announcements.

SUMMER EMPLOYMENT

*We will be accepting summer employment applications
from*

***Thursday January 2, 2014 through Thursday,
March 13, 2014.***

Interviews will be scheduled for April.

***Jobs include lifeguards, recreation counselors and
sailing instructors. Applications are available in the
office and***

On-line at <http://www.scituatemama.gov/>

COMMUNITY SERVICE APPLICATIONS

*Are you entering into High School next year and
looking to get a jump on your required community
service hours?*

*Or are you already in High School and have not
started your community service hours?*

*If so, stop by the Recreation Department and pick up a
community service application. The Recreation
Department has many fun opportunities for you to give
back to our community.*

*An informational session will be held on Community
Service Opportunities with the Recreation Department.
Interviews for Community Service Applicants will be
held the first week in May.*

PLAN AHEAD:

***Due to the high volume of late applicants last
summer, applications deadline will be Thursday,
March 27, 2014.***

**FIELD, BASKETBALL COURT, IN-LINE
SKATING RINK OR BANDSTAND PERMITS:**

*If you are interested in using a Town playing field,
basketball court, the PJ In-line Skating Rink or the
Morrill Bandstand in Cole Parkway permits must be
obtained through Scituate Recreation. Applications
are available in the office or online*

<http://www.scituatemama.gov/>

*For more information please contact Paul Sharry at
psharry@town.scituate.ma.us*

SCITUATE RECREATION REGISTRATION FORM
(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.
PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ Age _____ Grade _____
The grade would be the grade the child is entering in the fall of 2013.

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: _____ Relationship: _____

Phone: _____ **different than those provided above!*

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ Policy #: _____

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
Non Resident Fee - \$5.00/program			\$ _____

***CHECKS PAYABLE TO
THE TOWN OF SCITUATE**

GRAND TOTAL: \$ _____

PLEASE CONTINUE TO OTHER SIDE
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

OFFICE USE ONLY

Date Received: _____ Payment Received: _____ Release Signed: _____ Received by: _____
Date Processed: _____ Processed by: _____

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releases") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact nlombardo@town.scituate.ma.us and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed) : _____

Date: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED